



# AWARE!



Philadelphia Area Intergroup | Overeaters Anonymous®

Information line: 215-589-6261 | PO Box 23, Southampton, PA 18966 | oa-phila.org | oaregion7.org

November 2018

## When Opportunity Knocks, Will I Hear It?



### Step 11:

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry that out.

### Spiritual Principle:

Spiritual Awareness

### Tradition 11:

Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and other public media of communication.

### Spiritual Principle:

Anonymity

When I find myself bemoaning the news these days, I remind myself that people are good, joy is abundant, and that it is I who decides what sorts of information I give credence to, whom I associate with, the values I espouse, and which things are worth taking a stand for.

As for the latter, I can do so with gentle humor, a loving heart and a keen awareness that others' perspectives may be vastly different than mine. Or not. Maintaining a generous spirit can be tough in a chaotic world that sometimes feels as if it's designed to pummel it out of me. But staying connected helps.

My connections to my program, to my peeps in recovery, and to my higher power keep me grateful and humble. They remind me that I am a tiny cog in a very big wheel.

My "small cog" status doesn't get me off the hook, however. No, sir. Even tiny cogs have an essential function. Mine is, in the broadest sense, to learn, and by learning, to serve.



When I'm not sure how that's supposed to work, I ask. I pray. Not only for guidance, but for the patience and willingness required to achieve a certain degree of quietude. Because in order to learn I have to listen.

A member quoted a line from a film the other day: "If I pray for patience, will I simply receive patience? Or will I get an opportunity to *practice* patience?"

Exactly! Take meditation: it's so hard for me! My mind is constantly whirring. So I'm committed to practicing daily. Because quieting my mind not only strengthens my life-giving connections by allowing me to listen and learn; it also allows me to be more fully aware of the abundant opportunities I have to practice keeping my heart open, too. I believe that doing so is part of the service that I'm called to perform in my journey of recovery; it's another way that I can not only carry the message but *be* the message. -Trying for Zen

Overeaters Anonymous is a fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine; we take no position on outside issues. Our primary purpose is to abstain from compulsive overeating and compulsive food behaviors and to carry this message of recovery through the Twelve Steps to those who still suffer.



# What's hot?



Is food a problem for you?



Dear Philadelphia Area Overeaters Anonymous Friends,  
We would like to take this opportunity to announce a new meeting that is under construction right now. It's the **"Strength in Powerlessness"** OA meeting.



A special, but certainly not the only, focus of the meeting will be issues of relevance to people of color who are dealing with compulsive overeating and other eating disorders. Perhaps you, someone in your family, a neighbor, friend or coworker may need us. Pass the word. There are no required payments, meals, or weigh-ins. Be assured that ALL are welcome. The only necessity is a desire to recover from the disease of compulsive overeating.

If you think this kind of meeting will add to your program of recovery, send an email with your contact info to [aware@oaphila.org](mailto:aware@oaphila.org) OR [northword99@gmail.com](mailto:northword99@gmail.com)



Someone will get back to you about upcoming information meetings.

*"Work on your breakthrough abstinence until you break free."*  
Join us for such a time as this. Open to newcomers.

Overeaters Anonymous Workshop

## "GRATITUDE"

THURSDAY, NOVEMBER 22, 2018 9:00 - 11:30 AM



- 9:00 - 9:30 AM - Fellowship
- 9:30 - 11:30 AM - Meeting
- Speakers
- Ask-It Basket
- Sharing

- Coffee / Tea / Water
- 50:50 Raffle
- Free Babysitting
- 7th Tradition

HOSTED BY THE FELLOWSHIP OF HOPE GROUP

West Swamp Mennonite Church  
2501 Allentown Road  
Quakertown, PA 18951

Easy access off Q'town exit,  
PA Turnpike! Questions?  
Contact Emmy (267) 767-2132

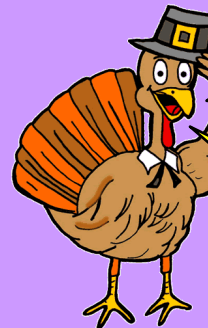


Overeaters Anonymous  
**IDEA DAY**  
International Day  
Experiencing  
Abstinence



Saturday November 17, 2018  
Overbrook Presbyterian Church  
6376 City Avenue  
Philadelphia, PA 19151  
Registration: 8:30am  
Workshop: 9am-1:30pm  
Suggested donation \$5

(please don't stay away if you can't pay)  
Lunch break included; bring your lunch  
Presented by Brandywine Intergroup (BIG)  
+ Philadelphia Area Intergroup (PAIG) of OA  
Info: contact Stephen L. (215) 232-1216 [slu202@yahoo.com](mailto:slu202@yahoo.com)



Hello, all! Tom here. Take a gander at WSO's *new* PO Box and zip code!!!

P.S. Get it? Gander? Heh heh. Gobble.

OA's World Service Office has announced that it's now using a new post office box for all correspondence, *including contributions and Lifeline*. **Please share this info at your meetings!** And from now on, please use this mailing address:

World Service Office  
**PO Box 44727**  
Rio Rancho, NM 87174-4727

Hoping to connect to another OAer? ☎ = a potential phone sponsor, 😊 = a willing ear, and 💻 = an email contact! Hooray for outreach!

Name	Service	Phone	Email	When?
Judy R.	☎+😊	215-603-1854	n/a	11am - 8 pm, Tu. - Sun.
Kate V.	☎+😊+💻	215-350-4443	kvalesky73@comcast.net	Whenever
Linda J.	☎	215-663-9644	n/a	6pm - 9pm
Rick M.	☎	215-785-5630	Rickam1@Verizon.net	11am to 10pm
Celeste S.	💻	n/a	celeste.schor@gmail.com	Whenever
Sue	💻	n/a	Sac123058@comcast.net	Whenever
Jeff S.	☎💻	609-610-6193	stoolmanjackson@yahoo.com	10am - 9pm
Wendy K.	💻	n/a	wenknok@gmail.com	Whenever

Aaaaand now...drum roll, please...!

## OA's Top 10 Reasons to Join Us on IDEA Day!!!



**Join Us! Here're the particulars:**

Saturday, November 17, 2018  
 Overbrook Presbyterian Church  
 6376 City Ave., Philadelphia 19151

Event: 9am - 1:30pm. (Register @ 8:30.)

Suggested Donation \$5 (But please don't stay away if you can't pay.)

Lunch break included; bring your own!

Contact Stephen L @ (215) 232-1216 or sliu202@yahoo.com.

- 10) Find out what IDEA day stands for: International Day Experiencing Abstinence, a time to begin or to reaffirm our abstinence from compulsive eating!
- 9) Meet your neighbors! The Brandywine & Philadelphia Area intergroups are combining forces for this event. Together we get better!
- 8) Hear a panel of speakers share their experience, strength and hope on how they get and stay abstinent!
- 7) Enjoy your own brown-bag lunch while listening to our keynote speaker!
- 6) Share your experience, strength and hope!
- 5) Service! Attending the workshop, meeting and greeting, setting up and cleaning up...opportunities abound!
- 4) Join the *International Abstinence* game and free raffle!!!
- 3) Take home special OA souvenirs!!!
- 2) Boost your recovery for the holiday season!
- 1) Abstinence! Abstinence! Abstinence!





# Group Donation Station: How, where and what!

10% electronically to Region 7, at <http://oaregion7.org/>.

Go to the website. On the right, under "7th Tradition," click on "Contribute." Click your preferred payment option, and follow directions.

30% via U.S. Mail to:  
**World Service Office**  
**PO Box 44727**  
**Rio Rancho, NM 87174-4727**



60% via U.S. Mail to:  
PAIG  
P O Box 23  
Southampton, PA 18966.

Indicate group# and meeting day and time (AM or PM) on check. Region 7 quarterly updates are available at: [oaRegion7.org](http://oaRegion7.org).



Do you have a contribution for Lifeline Magazine? Send your story to <mailto:info@oa.org> with the subject "Lifeline." See Writers' Guidelines at [https://oa.org/files/pdf/Lifeline\\_Writers\\_Guidelines\\_2018.pdf](https://oa.org/files/pdf/Lifeline_Writers_Guidelines_2018.pdf).



This month's deadline for submissions is November 15<sup>th</sup>. Some suggested topics include: 1) What makes your meeting strong? What changes made your meeting better? 2) At work, what have you learned about handling gossip, stress, or keeping your side of the street clean? How has recovery helped make your working life manageable? 3) How has the new Second Edition of OA's 12 & 12 refreshed and refocused your program?

For more, see October's WSO Bulletin@ <https://mailchi.mp/oa/news-from-the-wso-3079041?e=806aca6f6b>!

Remember, December 12<sup>th</sup> is OA's 12th Step Within day, on which we reach out to OA members who are in relapse or who still suffer from compulsive eating.



How will you and your meeting carry the message on December 12<sup>th</sup> to mark this important event?

## Small Meeting?



October's WSO News Bulletin has a suggestion: "Small meetings can face unique challenges. *Guidelines for Small Meetings: Help and Hope* offers inspiring and practical suggestions for making every meeting a reliable place to hear about the experience, strength, and hope of abstinence and recovery in OA." For a free download, go to: [https://oa.org/files/pdf/Small\\_Meetings\\_Guidelines.pdf](https://oa.org/files/pdf/Small_Meetings_Guidelines.pdf).

**EDITORIAL POLICY:** This is *your* newsletter! We encourage your contributions, comments and experience in the OA way of life. Publication of any contributions or editorial options does not imply endorsement by OA as a whole, but by the individuals who wrote them. Material submitted cannot be returned. We reserve the right to edit, and it is understood that other OA groups, without permission, may reprint all copy.  
**Got submissions?** Please send them to: [aware@oa-phila.org](mailto:aware@oa-phila.org) or [northword99@gmail.com](mailto:northword99@gmail.com). Thankee!

**PAIG meetings** are held on the 1st Wednesday of each month at the 1st Presbyterian Church of Warminster. **The next PAIG meeting will be held on Wednesday, December 5th @ 7:30 pm. (PI/PO Committee meeting at 7 pm.)**  
**PAIG reps:** check your messages on the PAIG Google Group to be alerted to any changes. To be added to the Google Group, please go to <http://groups.google.com/group/paig-oa>.